Resiliency

For Recovery and Relapse Prevention

A Challenge For Communities and Addiction/Mental Health Providers

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Resiliency

- The ability to experience set-backs or temporary failures without becoming discouraged or disillusioned
- 2. The ability to maintain optimism, hope, & self-motivation in the face of adversity

Resiliency Is
The Primary Protective Factor
Related To Preventing Staff Burnout

1. High Self-Esteem

- Self-Confidence: A generalized sense of confidence in the ability to succeed at life and master specific life skills
- Success Experiences: Mastering & successfully using specific life skills to achieve goals
- Self-Worth: A generalized sense of worthiness to enjoy success & its benefits

2. Strong Primary Intimate Relationship

- A strong personal relationship with a spouse, intimate partner, close personal friend, or family member
- Who provides a consistent & nurturing environment
- And provides positive regard that is separate and distinct from skills, successes, & failures

3. Access To Resources

- Internal Resources: Such as good physical health, self-esteem, a sense of humor
- External Resources: A supportive social network that includes family, school, and community; access to opportunity & adequate financial resources

4. Social Skills

- Good communication and negotiating skills
- The ability to make good decisions
- The ability to recognize your limitations

5. Problem-solving & Thinking Skills:

The ability to ...

- Identify & clarify problems;
- Identify alternative solutions & project logical consequences;
- Make decisions, take action, & evaluate outcomes.

6. Hope & Optimism

- The firmly held belief that odds and adversity can be overcome with perseverance, hard work and integrity.
- The ability to maintain and firmly hold to a desired vision in spite of failure or temporary set-backs

7. Surviving Adversity

- Surviving previous stressful experiences
- Staying present, in the now so as not to be at effect of your past or your history, In other words, living in the now
- The firmly held belief that your past experiences (old mental model (Peter Sienge) do not need to be repeated in your future experience's

Core Beliefs About Self That Promote Resiliency

I Am Capable!

 I bring with me my experience which is a valuable contribution to the workplace and I am willing to share and learn more.

I Am Significant!

I can contribute in meaningful ways and I am genuinely needed!

I Can Influence What Happens To Me!

 I have personal Power and will use it to grow professionally and personally for the betterment of humanity.

1. I have the skills I need to by be authentic in the way I manage myself, deal with others, manage situations, & use good judgment in all aspects of my life.

2. Interpersonal Skills

- The Ability To Develop Collaborative Work, Social, And Intimate Relationships While Remaining Authentic to my Core Values, Vision, and Mission in Life
- The Ability to Work With Others Without Losing Myself in Them or Expecting Them to Lose Themselves in Me

3. Systemic Skills

 The Ability To Respond To The Limits And Responsibilities Of Day To Day Life With Adaptability, Flexibility, And Integrity

4. Judgmental Skills

- The Ability To Evaluate Situations In Accordance With Appropriate Values
- The Ability To Predict Logical Consequences Of Behavior

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